A photograph of a man and a woman walking away from the camera on a sandy beach. They are holding hands and looking out at the ocean. The man is on the left, shirtless and wearing dark shorts. The woman is on the right, wearing a dark tank top and shorts. The background shows the blue ocean and a clear sky. The text is overlaid in white, bold font.

**How old would you
be if you didn't
know how old you
were? ~Satchel
Paige**







Healthy Older Adults

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AARP deems Ann Arbor healthiest hometown for retirement

Posted by [Jo Collins Mathis](#) | [The Ann Arbor News](#) July 23, 2008 08:20AM

Categories: [Breaking News](#), [Top Photos](#)



Eliyahu Gurfinkel | The Ann Arbor News

Carol and Bob Mull take a walk in their Ann Arbor neighborhood on Tuesday afternoon. The AARP will feature the Mulls, who moved to Ann Arbor in 1977, in its magazine.

"There's just so much (in Ann Arbor). If you take advantage of all that, it keeps you young. Young at heart." - *Ann Arbor resident Carol Mull*

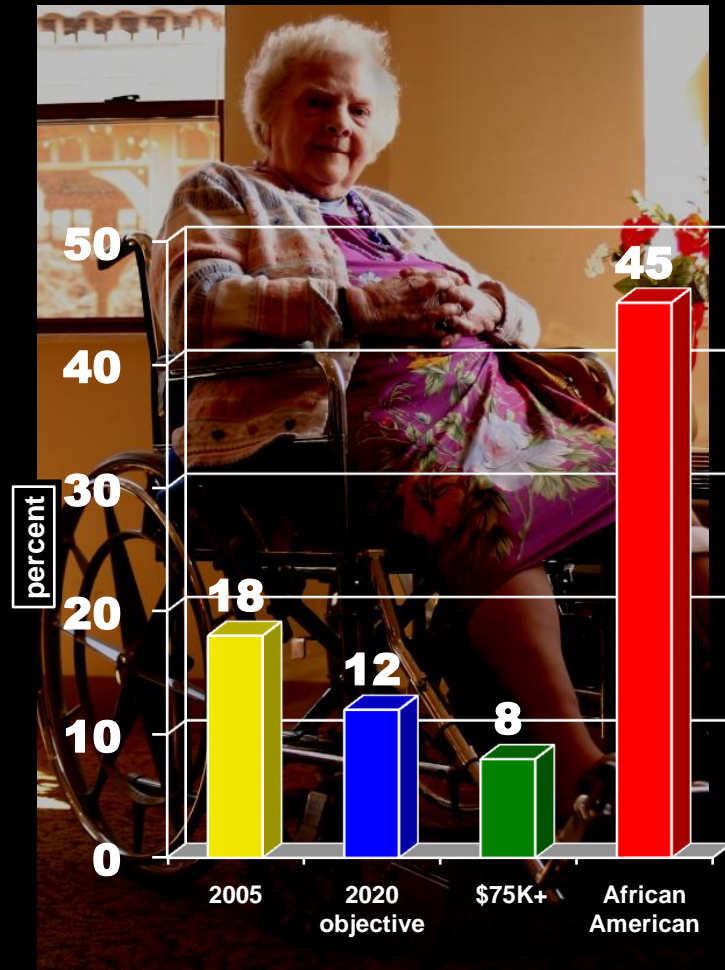
RELATED: [Read the AARP magazine story](#)

Decrease Diabetes Prevalence



- ✓ Interaction with other chronic diseases
- ✓ Kidney disease
- ✓ Heart disease

Decrease Diabetes Prevalence



✓ Adults Aged 50 years+

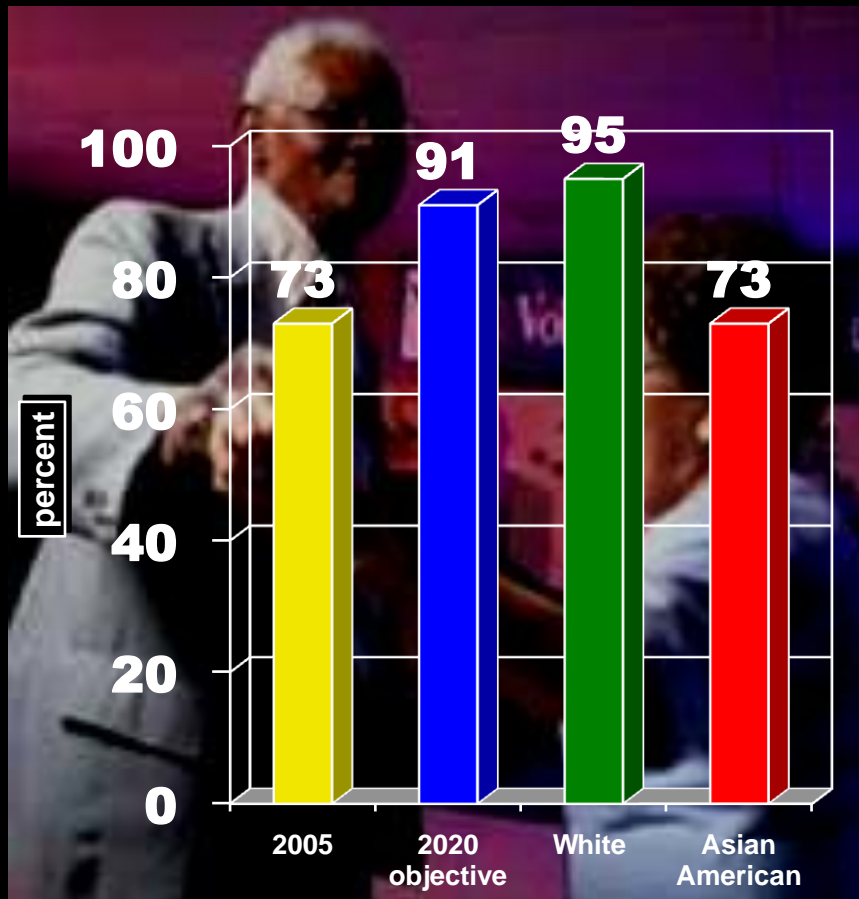
✓ Ever been diagnosed with diabetes

Increase Physical Activity



- ✓ Mental health
- ✓ Physical health
- ✓ 'Aging in Place'

Increase Physical Activity



✓ Adults 65 years+

✓ 30 minutes or more of moderate physical activity three or more days per week

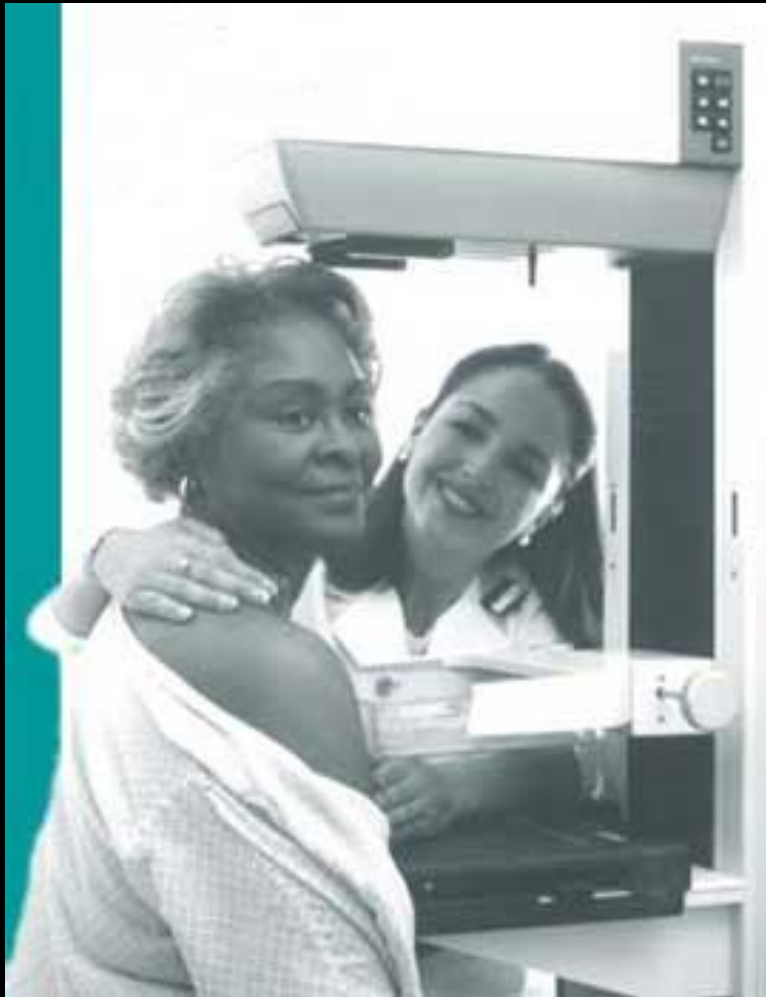
Healthy Kids

Healthy Adults

Healthy Older Adults
Chronic Disease

Healthy Communities

Increase Mammograms



✓ Breast cancer

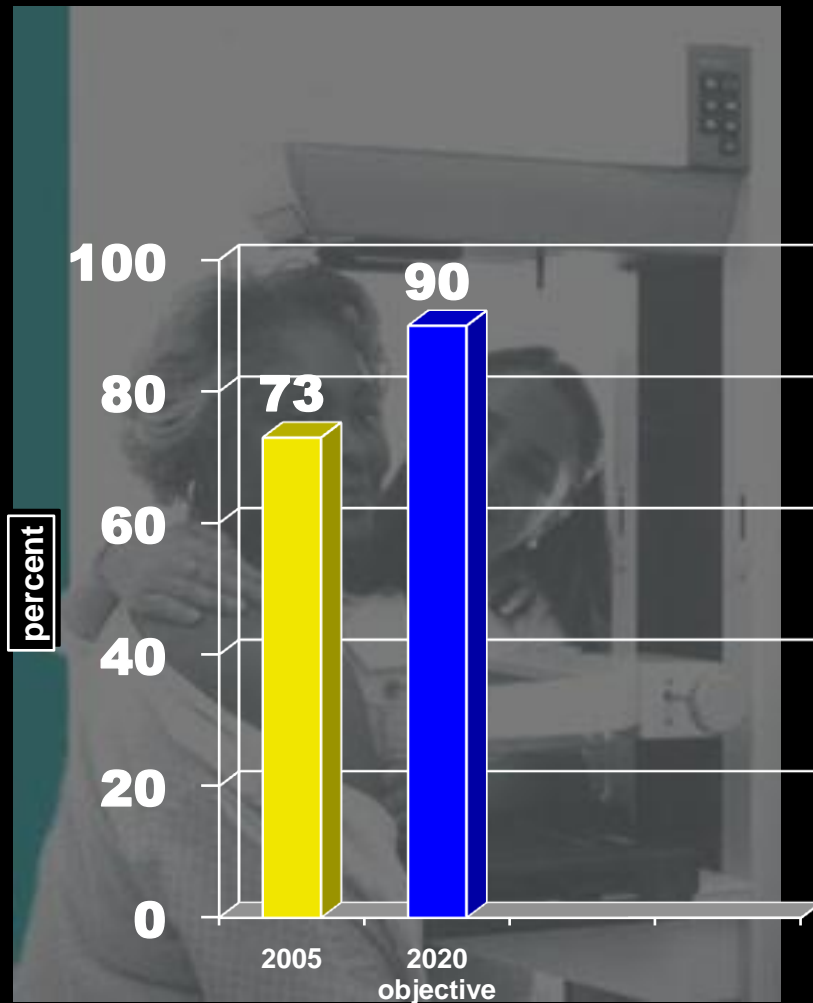
Healthy Kids

Healthy Adults

Healthy Older Adults
Chronic Disease

Healthy Communities

Increase Mammograms



✓ Women 50-60 years

✓ Annual mammograms

Increase Influenza Vaccinations



- ✓ Pneumonia
- ✓ Dehydration
- ✓ Worsening of other lung conditions

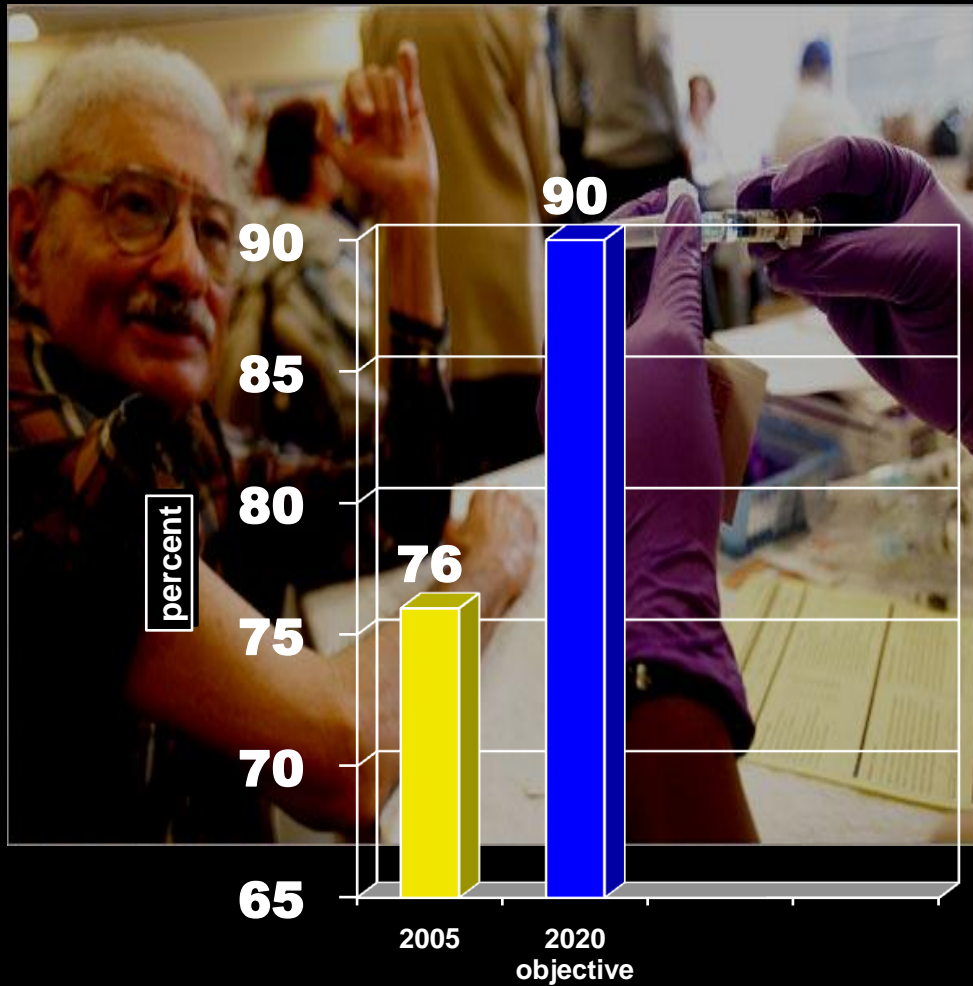
Healthy Kids

Healthy Adults

Healthy Older Adults
Chronic Disease

Healthy Communities

Increase Influenza Vaccinations



✓ Adults 65 years and older

✓ vaccinations

Healthy Kids

Healthy Adults

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Healthy Communities

Increase Pneumococcal Vaccinations



- ✓ Pneumonia
- ✓ septicemia
- ✓ Infection of the heart

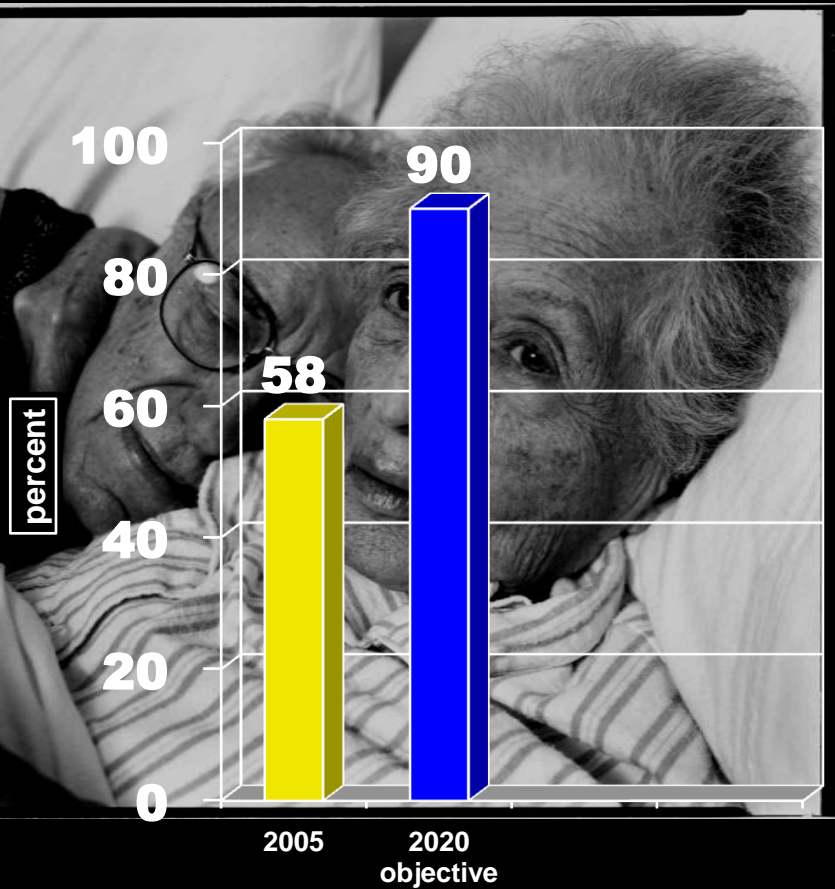
Healthy Kids

Healthy Adults

Healthy Older Adults
Chronic Disease

Healthy Communities

Increase Pneumococcal Vaccinations



✓ Adults 65 years and older

✓ vaccines

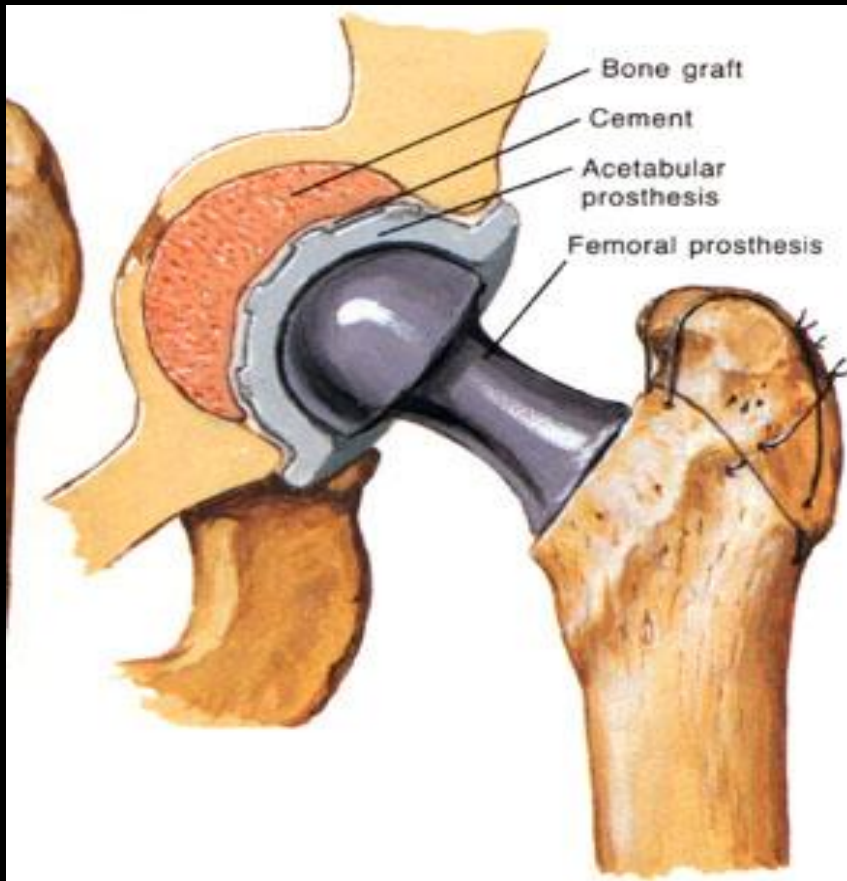
Healthy Kids

Healthy Adults

Healthy Older Adults
Chronic Disease

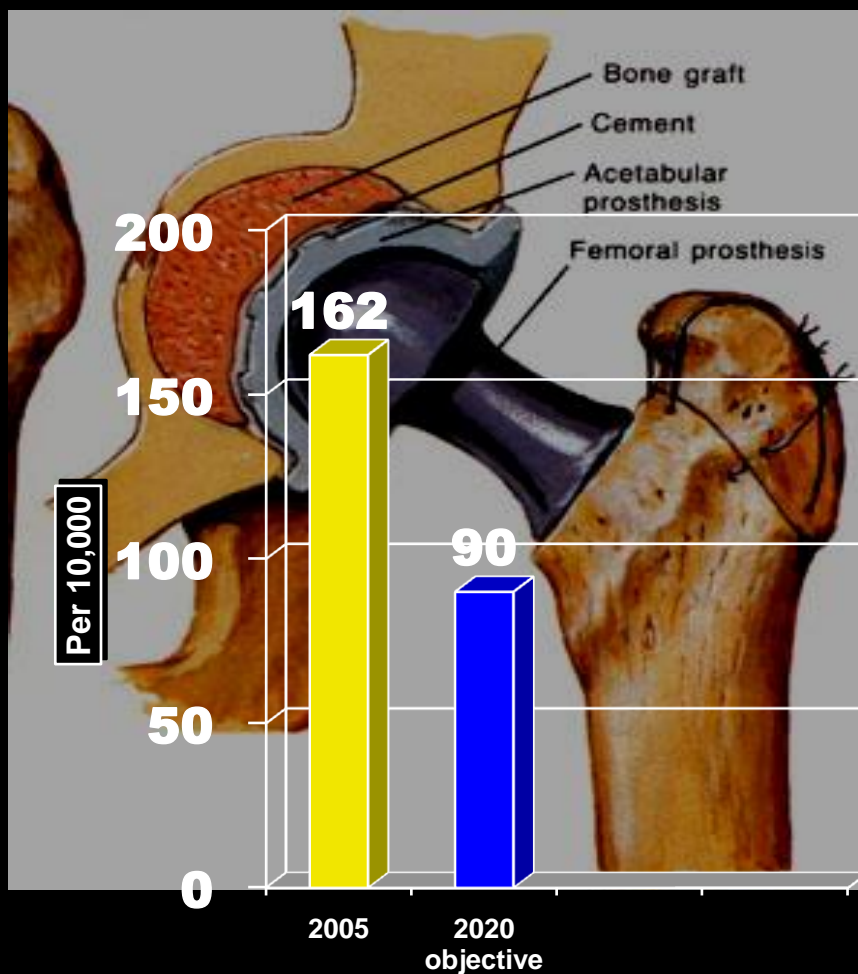
Healthy Communities

Decrease hospitalizations due to Falls



- ✓ Pneumonia
- ✓ Pressure sores
- ✓ Disability
- ✓ Need for nursing home care

Decrease hospitalizations due to Falls



✓ Adults 65 years and older

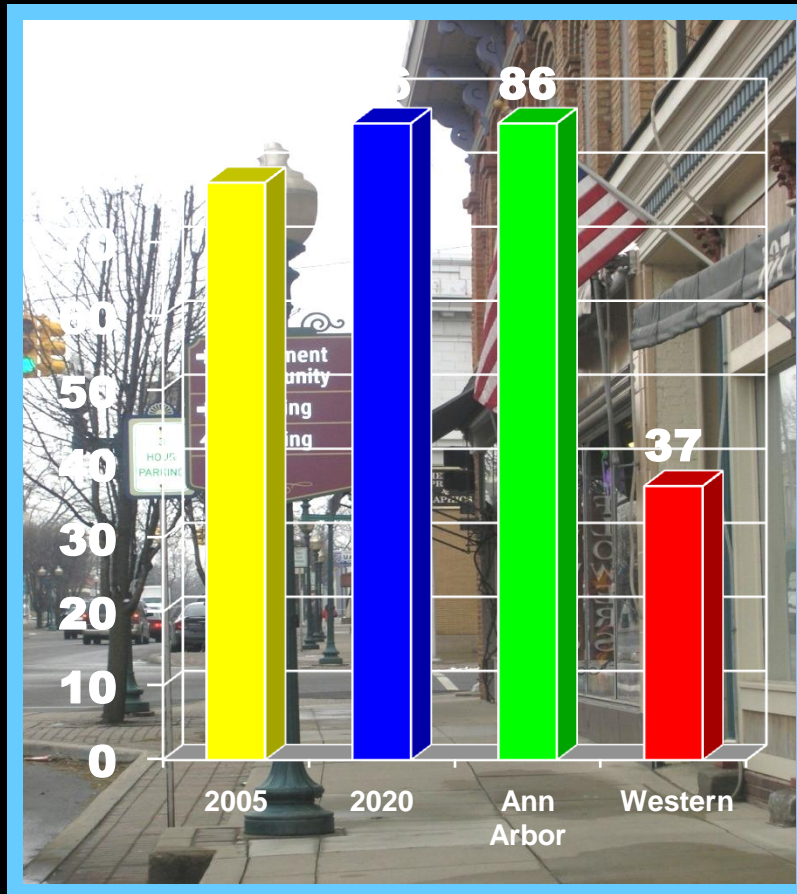
✓ Hospitalizations associated with falls

Increase Access to Walkable Routes



- ✓ Physical activity
- ✓ Cleaner environment
- ✓ Community cohesion

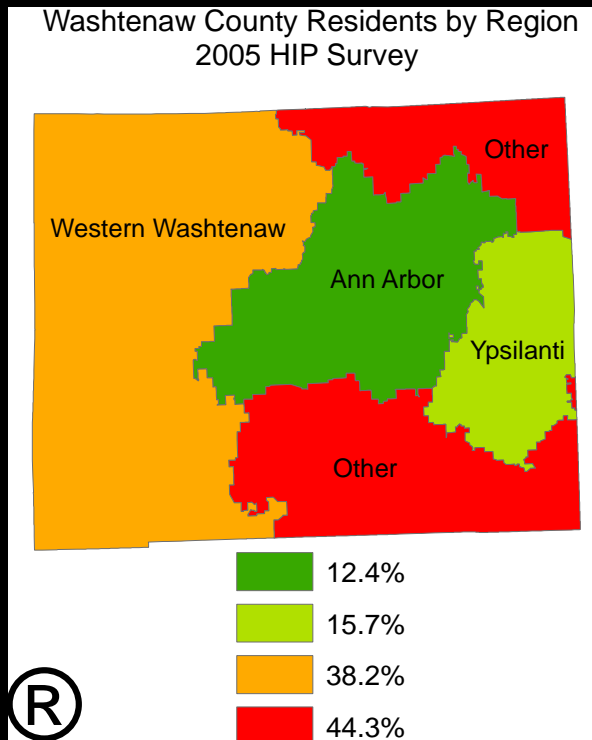
Increase Access to Walkable Routes



✓ Entire Population

✓ Proportion of population identifying having sidewalks, paths or trails in their neighborhood

Increase Access to Walkable Routes



Percentage of adult respondents identifying that there are not pedestrian sidewalks, paths or trails that they can easily use for walking, jogging or running

Washtenaw County Population, 2000 and 2030

Ages	2000		2030		% Change
	#	%	#	%	
0-4	20,126	6.2%	26,985	6.0%	34.1%
5-17	51,160	15.8%	66,884	14.9%	30.7%
18-34	108,817	33.7%	122,577	27.4%	12.6%
35-64	116,520	36.1%	158,943	35.5%	36.4%
65+	26,274	8.1%	72,631	16.2%	176.4%
Total	322,897	100.0%	448,020	100.0%	38.8%

Estimated Current and Future Burden for Selected Diseases, Washtenaw Co.

	<u>2000</u>	<u>2030</u>	<u>% Change</u>
Population	322,897	448,020	38.8%
Alzhiemers Disease	4,543	11,205	146.6%
Arthritis	49,288	109,761	122.7%
Cancer new diagnosed	936	1,335	42.6%
living with	5,430	8,085	48.9%
CVD	67,808	129,925	91.6%
COPD	4,809	9,361	94.7%
Diabetes diagnosed	19,697	51,522	161.6%
undiagnosed	7,426		
total	27,123		

Existing Capacities, 2002

Hospitals

Southeast MI = 14,658 Licensed Beds

Washtenaw County = 1,574 Licensed
Beds

Nursing Homes

Southeast MI = 22,381 Licensed Beds

Washtenaw County = 1,264 Licensed Beds

Source: MDCH

Health

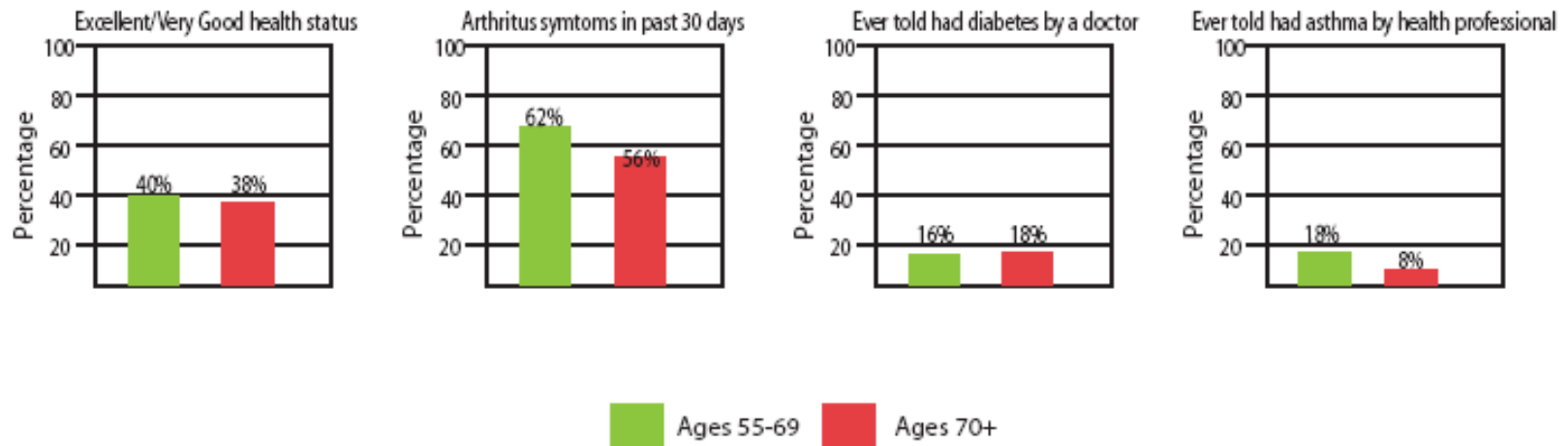


HIP Overview:

Beginning in 1995, the Washtenaw County Public Health Department has led a countywide partnership called the Health Improvement Plan (HIP). Our purpose is to improve health in Washtenaw County by facilitating partnerships, providing information, and developing strategies. The partnership has included health systems, community agencies, coalitions, government, universities, and county residents. New partners are welcome!

Every 5 years the Washtenaw County Health Improvement Plan (HIP) survey is conducted in our community. From February 2005 to January 2006, over 2000 adults in Washtenaw County were interviewed by phone about their health status and health behavior. In addition, over 700 of the adults reported on the health status of one child in the household. The HIP survey is based on a random-digit dial sample

General Health Status (self-reported)



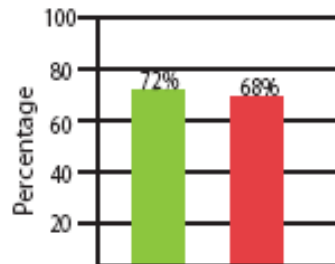
Source: Washtenaw County HIP Survey 2005

Health

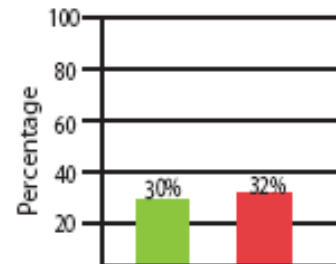


Healthy Behaviors (self-reported)

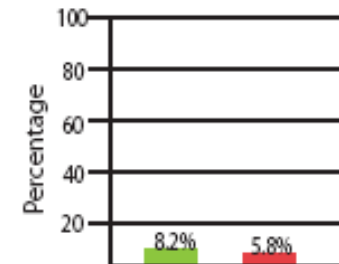
Physical activity for exercise



fruits and veggies 5+ per day

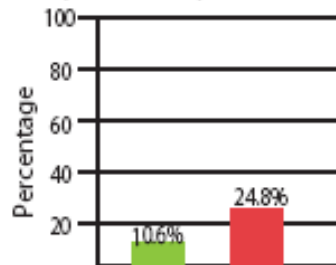


Current Smoker

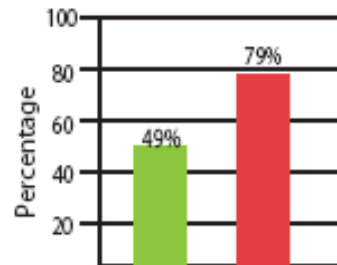


Health Care (self-reported)

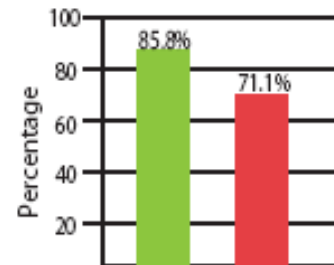
Family need adult day care or home care services



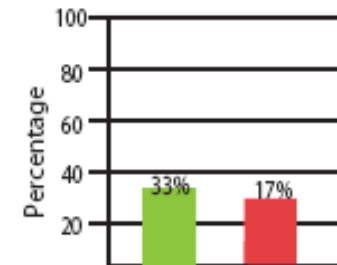
Received a flu shot in the past year



Have dental insurance



Health problems require special equipment

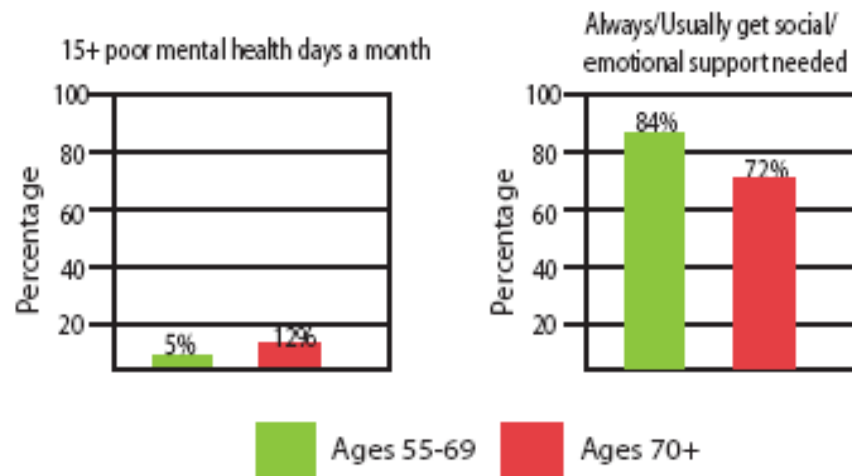


Ages 55-69
 Ages 70+

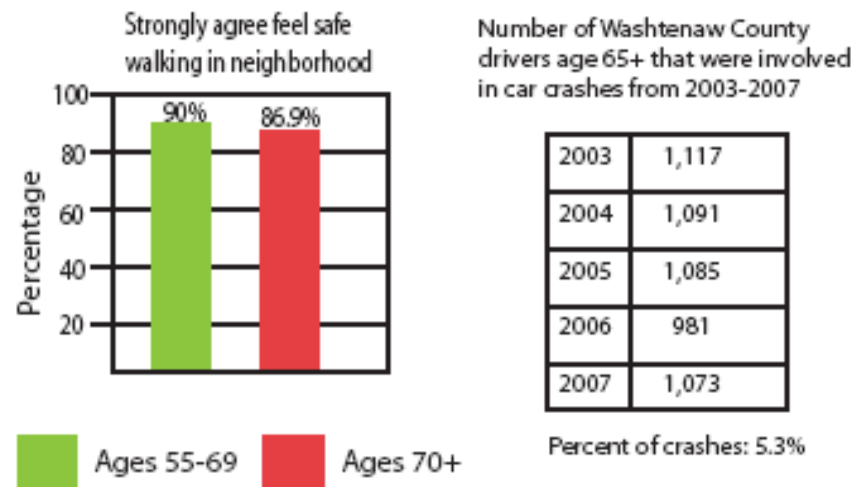
Source: Washtenaw County HIP Survey 2005

Health

Mental Health (self-reported)




Safety (self-reported)





Clausuras Pedro Cano

SPORT

A group of elderly people are dancing in a city square. They are holding hands and moving in a circle. The square is paved with large grey tiles. In the background, there are several multi-story buildings with many windows. A tall, thin banner is visible on the right side of the image, with the text "Clausuras Pedro Cano" written vertically. A red bag with the word "SPORT" on it is in the foreground on the right. The overall scene is bright and sunny.

We've put more effort into
helping folks reach old age
than into helping them enjoy it.
~Frank A. Clark